

Sno-King School Retirees



May-June 2017

The SKSR Bulletin



A message from our president

Thank you for letting me serve

by Cheryl Bauer

I do believe it is finally spring—my favorite time of year. Daffodils, tulips, flowering cherries and the list goes on—bringing color and joy to each day. In the same vein, I hope this organization and the activities that we've offered have brought something new for

you to learn or to do. As I come to the close (almost) of my tenure as SKSR President, I find myself running out of things to say. Bet you never thought you'd hear that!

As this goes to press, the legislature is still in session. Please read the article by Rita Requa as to the gains we hopefully have made. The health article by Donna Murrish provides us with insights and information. Please visit the website done by Jim Siscel at sksr.org. There is so much information there. Scholarship winners are listed elsewhere. Luncheons, picnics and convention will finish out the year.

Reflections on the friends I've made and the support I've enjoyed, especially this past year, will last a long time. Thank you for letting me serve in this capacity.

OFFICERS

Cheryl Bauer, Coordinator
Roberta Hawkins, Vice President
Jan Phillips, Secretary
Tom Hawkins, Treasurer

COMMITTEE CHAIRS

Barbara Berg, Scrapbook
Linda Fitzgerald/Keith Lindaas, Scholarships
Donna Murish, Health
Marlene Johnson, Hospitality
Evelyn Nordeen, Sunshine
Betty Odle, Historian
Virg Rayton, Active Member Grants
Rita Requa, Legislative
Jim Siscel, Membership/Retirement/Website
Erma Snook, Membership Records
Jo/Bruce Caldwell, Bulletin Editors



WANT FREE MONEY?

If your name is one of the four members' names hidden in this *Bulletin*, you are eligible to win \$25!

Check out details on page 5. Be a winner! ALL members are eligible. Good luck!

CONGRATULATIONS to *Sadrina Dorn* who found her name in the last issue and claimed her \$25 prize! Three other members missed finding their names!

Our next special event

May 18 luncheon with Sno-Isle features service-dog program

by Jim Siscel

You will not want to miss this special meeting on May 18, from 11:30 until 1:30, at the le Bistro Restaurant at Sno-Isle Technical School, located near Paine Field in south Everett. Sno-Isle School Retirees will be joining with us for this meeting. The luncheon by the culinary arts students is always delicious. The menu includes Chicken Blanquette (an upscale chicken pot pie) OR Lentil Puttanesca with Salmon (lentils with tomatoes, olives, capers, etc., with salmon on top). This wonderful meal costs \$5.00 for members and \$15 for guests. We are continuing to supplement the cost of our meals for our members.



Our speaker will be Denise Constanten from Brigadoon Service Dogs. Brigadoon provides trained service dogs for veterans, children and adults with physical, developmental and behavioral health disabilities to Beverly Leonard promote a more independent and enriched life. Denise will be bringing one of their in-training service dogs.

Reservations are required! We only have room for 35. The final number of attendees must be submitted by May 15. Please call Jim Siscel at 425-778-7202 or email asjs68@earthlink.net OR Evie Nordeen at 425-775-1127 or e-mail evie.nordeen@frontier.com for reservations. Remember “a reservation made is a reservation paid.” If you are unable to come after making a reservation, please send our treasurer Tom Hawkins \$5.

Make your reservation now—May 18 Luncheon

le Bistro, Sno-Isle Skills Center
 near Paine Field, south Everett
 \$5 per member, \$15 for guests

Your name _____

Guest's name(s) (if any) _____

Menu choice: Chicken Blanquette Lentil Puttanesca with Salmon

Send the form and your check by May 13th to:

Jim Siscel
19322 73rd Place West
Lynnwood WA 98036

SKSR Board Meetings

All board meetings are held at the Edmonds School District ESC at 1:00 PM

May 11  July 13

YOU'LL FIND INSIDE

- President's Message1
- Next Meetings Information2
- Legislative Update3
- Announcements/Upcoming events.....3
- Mark Your Calendar.....3
- Scholarship Report4
- March Field Trip.....5
- Health News6
- Picnic, New Officers6
- Convention Information7
- Membership Changes7

Our Legislature in action

Keeping up with the legislature's "progress"

by Rita Requa



The 2017 Legislative session was scheduled to adjourn April 23 with unfinished work. The state Supreme Court is forcing legislators to restructure the way K-12 education is financed (McCleary decision). Under Superior Court and Federal Court orders, mental health needs to be funded.

Both the Senate and the House have released their budgets. As one can predict, how and what things are funded and taxed are vastly different in those budgets. Legislators will now spend the spring (and summer) negotiating a state budget that will cover the next two years. Staff at the capital have been Sandra James instructed not to plan summer vacations, and that does not bode well for a timely final adjournment.

Status of WSSRA legislative goals

1. Protecting Retirees from Budget Cuts: Neither budget proposal reduces pension or medical benefits for retirees. *Appears in good position*
2. Protect Defined-Benefit Pensions: Legislators have not attempted to alter or close any pension plans during the 2017 session. *Appears in good position.*
3. Make Actuarially Recommended Pension Payments: The House and Senate are on track to make the needed pension payments. *Appears in good position.*
4. Restore Medical Benefits: The Senate budget maintains the \$150 monthly Medicare-Eligible Healthcare Benefit. The House budget restores the benefit to \$183 (which was reduced in 2011) to \$166 in 2018 and \$183 in 2019. *Still lobbying for this benefit.*
5. Increase Plan 1 Minimums: The Senate budget increases minimum benefits for TRS-1 retirees. Current law increases the minimum benefits on an annual basis. The Plan 1 Basic Minimum Benefit is \$55.18 per month, per year of service credit. This will increase to \$57.50 in July, 2017. Plan 1 Alternative Minimum Benefit is for retirees who have 25 years of service credit and have been retired 20 years or 20 years of service with 25 years in retirement. This is currently

\$1,791 per month, and will automatically increase to

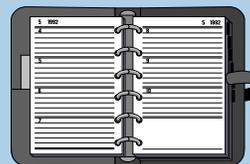
\$1,845 in July, 2017. The Senate budget will increase the Alternative Minimum benefit for TRS 1 retirees to \$1,872 per month. *Still lobbying for this benefit.*

6. Plan 2 Default: The House has passed and accounted for HB 1560 in their budget proposal. The Senate has not taken up the measure. *Still lobbying for this benefit.*
7. Restore the Plain 1 COLA: Both the House and Senate budget committees were unwilling to front the \$38 million for a one-time increase, or the \$550 million for annual increase. *Off the table. Will reintroduce next year.*

Educating your legislators

Thanks to all of you who have contacted your legislators this year. You are encouraged to continue those contacts. The best time to cultivate and meet with legislators is when they are not in session. I have contacted and "educated" all legislators of the 21st, 1st and 32nd Districts. Your voice will add a needed dimension to that education regarding our issues.

If you have any questions, you may contact me at rrequa@comcast.net or WSSRA Legislative Coordinator Peter Diedrick at peter@wssra.org.



MARK
YOUR DATEBOOK

Coming Events for Sno-King School Retirees

- | | |
|---|-------|
| May 18..... | 11:30 |
| Sno-Isle Joint Luncheon ... Le Bistro, Sno-Isle Skills Center | |
| July 20..... | 11:30 |
| Picnic..... Edmonds City Park | |



Scholarship report

Winners of 2017 SKSR Scholarships announced

by Linda Fitzgerald

We are proud to announce this year's recipients of the SKSR scholarship program. These four high school students are leaders in their schools and communities, and they will soon be leaders as educators in their careers. Each will receive a scholarship for \$2,000 and, as long as their major continues in education, they will receive \$2,000 each year for the next three years.

Brent Johnson from Meadowdale High School will be attending St. Olaf College as a music education major. He has been involved in both instrumental and vocal music in both his school and community, beginning when he was 12 with the Seattle Children's Chorus. He has participated in the Oregon Bach Festival, several times working with director Anton Armstrong. This past February he was a member of the All-Northwest Honor Choir and a regional winner who qualified for the State/Solo Ensemble Contest. Brent has also been an integral member of his church's vocal and instrumental programs. His German teacher said, "Brent is one of those students who actually truly cares about learning."

Katherine Lydin, a Shorewood High School senior, will be attending Seattle Pacific University to study elementary education. She has been a volunteer and tutor both at her high school and in a local elementary school. Her school activities include softball, basketball and soccer, as well playing in the school orchestra. Outside of school she plays for a soccer club and is a volunteer for several organizations including the King County Library and her church. Her orchestra teacher says that she is a joy to be around and has a wonderful sense of humor.

Emilie Mathiason from Meadowdale High School will begin her college studies at Western Washington University with the goal of a degree in elementary or special education. She has been involved in music during her high school years, becoming first chair flute as a senior. Her other main activity is track, where she served as captain for both the track-and-field and cross country teams. She has helped at an elementary school for six years which caused her to fall in love with the idea of teaching. She also assisted with a middle school musical, was a leader at Girl Scout camp, and was a Junior Camp Counselor for Lynnwood Parks for three years. She is described as "an honor student, athlete and avid volunteer" in one of her recommendations.

Olivia Riener will begin her studies of special education at Bowling Green State University. Her Woodinville High School activities revolve around art club; softball, where she is the captain; and being secretary for Falcons Love Inclusion Club. Outside of school she is active in softball and volunteering with several nonprofits. She has worked as a nanny and at a softball camp working with young girls on pitching. Olivia's American Sign Language teacher gives her high praise saying, "Olivia wants to be a teacher, and I would want to be in her class."

Retirement Seminars Review

by Jim Sisco

We provided support to the Edmonds School District when it held its retirement seminars for personnel from Edmonds, Mukilteo, Northshore and Shoreline. We handed out supplies and took attendance. During the five weeks of seminars, over 630 active educational employees and

their spouses attended the seminars.

Our thanks go to Cheryl Bauer, Donna Murrish, Evie Nordeen, Jan Phillips, Erma Snook and Virg Rayton for assisting.



Field trip report

Museum of Flight Restoration Center displays interesting artifacts

by Jan Phillips

Fifteen SKSR members and spouses met at the Museum of Flight Restoration Center in Everett on March 16. In the windows of the museum were a number of engines and a man made of metal parts. We were greeted by tour guide Sheree Van Berg. Before going into the first hanger, she showed us a Link trainer used during World War II. She explained the various mechanisms that were used to create the real-life feel of an airplane. These included a bellow-like device that mimicked George Aetzel the feeling of crosswinds.

The first airplane we saw was a Corsair F2G-1. This is the same model that took off from our aircraft carriers during World War II. While no longer airworthy, the plane does have the hydraulics necessary to move (fold) the wings. Another interesting plane was the small spotter aircraft O2-A used in the Vietnam Era. It flew at about 3,000 feet and shot tracer rockets to spot enemy positions. Because it flew so low, *DON'T SHOOT* was written across the top of the plane's wings in order to avoid being shot by friendly fire.

We were able to climb into the first passenger jet, a British Comet. It had a small doorway; we all had to duck to get in. Everyone commented that there was much more leg room in that plane, however, compared to today's planes. There was a mockup of Boeing's version of the long-nosed Concorde, an H21 helicopter and a P-80 wing. A tail section of the Mexicana Comet jet plane with its original artwork stands waiting for refurbishment.

Our tour went into the second hanger which had even more planes, parts, many different types of engines, a hang glider and two mock-up astronauts that were used for publicity. The planes are restored as museum pieces; a few can fly, but most are unable to do so.

The Museum of Flight Restoration Center is worth the time to go see, especially if you are a "plane nut."



L-R: Jim Siscoel, Paul Hipke, Chuck and Pauline LeWarne, Virg Rayton, Jan Phillips, Dennis Hewitt, Sharon Cain, Judy Hewitt, Roberta Hawkins, Ed Orsborn, Robin Randles, Tom Hawkins, Ron and Donna Murrish.

WANT FREE MONEY? Read on...

Again in this issue (it's a not-so-sneaky way to get you to read the *Bulletin!*), the **names of FOUR SKSR members are hidden** throughout the *Bulletin*. If your name appears, you will be eligible to receive **\$25**. Here's what you need to know:



- **Names will appear in a way that makes *no sense* to the article.**
- Names in lists or that are directly related to the article are not eligible.
- If your name appears, you will receive a check for \$25 if you...
 - o Email our treasurer at hamhawk@aol.com -OR-
 - o Snail-mail your response to
SKSR
PO Box 33962
Seattle, Wa, 98133-0962
 - o In your response, either by email or snail-mail, include your name, U.S. mail address and number of page where you found your name.
 - o Emails/post marks must be on or before June 20.

That's all there is. Just sit back and wait for your free money to arrive!

Your health tips

Taking a look at cauliflower

by Donna Murrish,

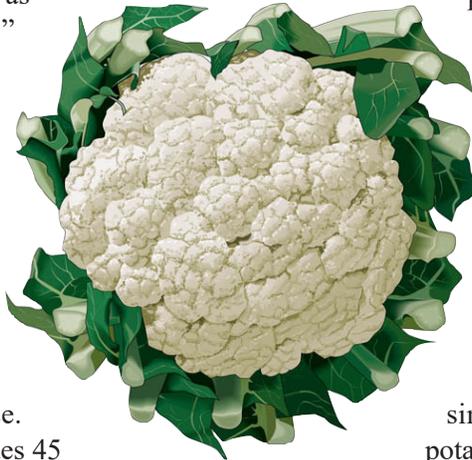
Excerpts from February Consumer Reports on Health and April Nutrition Action Health Letter

Maybe you're already a cauliflower fan—or not. Although the pasty white color can fool you, cauliflower is actually a relative of kale, broccoli and brussels sprouts—a family of vegetables called crucifers that are being touted as the “coolest vegetables on the block.”

With so many vegetables to choose from, you no doubt have your favorites, but in an effort at keeping it simple, this article is focusing on cauliflower.

Being a cruciferous veggie, cauliflower is among the most nutritious, rich in fiber and several vitamins and minerals that may contribute to cancer-fighting ability and protection against heart disease. In just half a cup, cauliflower provides 45 percent of your daily vitamin C.

It can be really simple to include cauliflower in your diet. Riced cauliflower (raw cauliflower that has been grated to resemble rice) is a popular low-carb, lower-calorie substitute for pasta, potatoes or rice. It



can be either store-bought or homemade. Trader Joe's has a bagged fresh option and Green Giant offers several varieties of frozen riced vegetables such as cauliflower, cauliflower and sweet potato, cauliflower and broccoli, or cauliflower medley. If you prefer homemade, your food processor makes it easy.

So instead of the 120-or-so calories in half a cup of cooked rice, you get 20-50 calories by substituting riced cauliflower. Store-bought or homemade, microwaved or sautéed, the CR test kitchens found all to be nutritionally similar and a great alternative to potatoes, rice and pasta. One 'serving' is usually just half a cup.

NOTE: Don't overcook vegetables; it turns them an unappetizing color, makes them mushy and diminishes the nutrient content.

Give cauliflower a try—and enjoy!

Picnic—July 20

On July 20, we will be having our annual picnic at the Edmonds City Park. Meeting and greeting start at 11:30 with the lunch being served at noon. New retirees enjoy the event at no cost. The rest of us pay \$5.00.

This event includes Jan's famous meatballs, salads, dessert and fun in the sun (hopefully!).



We will install our new/old officers, hear from the grant recipients and enjoy time with fellow colleagues. Save the date and come.

Nominated Officers for Next Year

The following have agreed to serve you and this organization for the 2017-2018 year: Co-Presidents-Jim Siscel and Cheryl Bauer (and you thought I was done?); Vice-President-Roberta Hawkins; Secretary-Jan Phillips; Treasurer-Tom Hawkins. The rest of the committee chairs are the same—at least for now.

We will be voting on these candidates at the May luncheon. If you are interested in helping or being a co-chair, please let any of the board members know. Please consider helping if you are asked. We really, really would welcome some new blood and some new ideas. We have a planning session in August and welcome any of you to come. Look for more information the next *Bulletin*.

Convention

Big happenings June 5-6-7 at the Red Lion in Pasco. It's the annual WSSRA convention. There is sharing of information, meeting new and old friends (like your high school business teacher), great food and entertainment. And the price is right; for the most part it is free! Each year William Dundson we are allotted a certain number of delegates (29 this year) and have budgeted for about 15. Please contact Cheryl Bauer 425 743-9755 (bauerc1@frontier.com) or any other board member for further information.



WSSRA Awards Nominees

Cheryl Bauer and Virg Raton were nominated by the SKSR Executive Board for two WSSRA awards.

Cheryl was nominated for the Patrick T. Hoban Meritorious Award for her work in fulfillment of WSSRA goals, going beyond the norm in her performance of her position as SKSR President and encouraging members of SKSR to work toward achieving WSSRA goals.

Virg was nominated for the Stan McNaughton Outreach Award for volunteer work to enhance and improve the lives of community members. Virg is a very active member of his church, participating in many ways to make his church community better. Each winter he is a team leader one night each week of the Snohomish Cold Weather Shelter.

Member Information Updates

Welcome New Members

Beard, Louise*, 7800 SE 27th ST Unit 204, Mercer Island, WA, 98040, 206-322-8108, louisebeard@me.com
King, Anna A*, 5302 149th ST SW #14, Edmonds, WA 98026, 425-280-1517, daking60@gmail.com
Myers, Lois A*, 16006 NE 175th ST, Woodinville, WA 98072, 425-478-2777, lajm7772003@yahoo.com
Ondrizek, Susan, 5312 93rd PL SW, Mukilteo, WA 98275, 425-422-7973, so25@comcast.net
Preston, Susan, 15602 118th PL NE, Bothell, WA 98011, 206-484-0017, preston.susan@comcast.net
Stewart, Patricia, 16821 1st Ave SE, Bothell, WA 98012, 206-310-5528, dstew4@hotmail.com

* = Active Member

Deceased

Francis-Stuart, Carolyn R, 2/2017, Retired from Edmonds, Member since 1996
Harkleroad, Robert J, 3/08/2017, Retired from Shoreline, Member since 1991
Kuehn, Henry J, 3/01/2017, Member since 1995
Plumis, George, 2/2017, Member since 2015
Schloss, Floyd F, 2/2017, Member since 1998
Settle, Ivan L, 3/01/2017, Retired from Shoreline, Member since 1995

Member Data Changes/Additions

Anderson, Alice, 425-478-6398
Barta, Paula, 5129 Evergreen Way Suite 4D-554, Everett, WA 98203
Chandler, Pat, 425-248-9417
Cogburn, Robin, 654 5th Ave S Unit 103, Edmonds, WA 98020
Gardiner, Mary Ellen, 12800 Marion Lane W #411, Minnetonka, MN 55305, 952-540-6465
Gartland, Nina R, 698 Dill Road, Lopez Island, WA 98261, 360-468-2997, ngartland@earthlink.net
Feik, Aaron, 20505 Marine DR MHP #38, Stanwood, WA 98292
Fuhrman, Norma, normafuhrman10@gmail.com
Kennedy, Sherry (Sharon), 206-940-4277
Konecny, Lois, 14905 Bothell Everett Hwy Unit 244, Mill Creek, WA 98012
Mauney, Keri P*, PO Box 881, Ephrata, WA 98823, kerimauney@gmail.com
Miller, Jim, 360-221-2526
Ng, Renita, 17407 1st Ave NW, Shoreline, WA 98177, 206-321-3691
Nicefaro, Anne, Nicefaroa@gmail.com
Ottmar, Roger, 222 Bell ST Apt 307, Edmonds, WA 98020
Pearson, William, pleipiom1969@gmail.com
Stroud, Patricia, 408 Pearl St, Snohomish, WA 98290
Woodward, Ruth, 816 S 216th ST APT T250, Des Moines, WA 98198 6318, 206-304-1568

*Sno-King School Retirees
P. O. Box 33962
Seattle WA 98133-0962*

Cherry Blossom time on the University of Washington Campus



Help us with information to put in the *Bulletin*

The deadline for the next Bulletin is June 20.

Send news and other materials to Jo Caldwell: jo@wmea.org—425-218-8434.

Please send us news about other members as well as about your activities.

Please send changes in your mailing address, telephone number, or e-mail address to
Erma Snook, egsnook@comcast.net, or call 425-776-2067.

If you know of illness, please call Sunshine Chair Evie Nordeen, 425-775-1127.

To help with mailing our next Bulletin on July 3, call Marilyn Dauer, 425-774-7445.